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INSIDE THE CLINTON, TRUMP ELECTION NIGHT PARTIES
metroLIFE

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Early voting favours Clinton

FIRST GENTLEMAN

A record 43.2 million ballots have already been cast

A record number of Americans have voted ahead of Election Day, driven by soaring turnout from Latino voters. That could be good news for Hillary Clinton.

At least 43.2 million people have cast ballots by early voting, by mail or at polling stations, according to Associated Press data. Record levels have been reported in 23 states and the District of Columbia. Millions more ballots are still coming in.

The Associated Press estimates that early votes could top 50 million. That comes to nearly 40 per cent of all ballots in a presidential election expected to have high turnout overall due to intense public interest. In 2012, there were 46 million early votes, or 35 per cent.

"Interest in early voting has been unprecedented in many states," said Michael McDonald, a University of Florida professor and expert on voter turnout who is a consultant to the Associated Press.

The latest numbers show declines in voting from blacks in North Carolina - a drop-off after historic levels for Barack Obama in 2008 and 2012. But higher turnout by Latinos, who often lean Democratic, may be buoying Clinton in Florida. Both are must-win states for Donald Trump.

The Hispanic vote is also surging in Nevada and Colorado, where Democrats are running near or above their successful 2012 pace. Trump could be holding an edge in Ohio and Iowa, but that won't be enough if Latinos drive Clinton to victories in other battleground states.

TOP BATTLEGROUNDS: FLORIDA, NORTH CAROLINA

Trump's campaign acknowledges he can't win without Florida and North Carolina.

In Florida, a record 6.4 million early ballots are already in, or more than three-fourths of the expected vote. Democrats are ahead, 39.9 per cent to 38.5 per cent. Democrats had slightly wider margins in 2008 and 2012. Obama narrowly won the state both years.

While the black share of the vote is lower, ballots from Hispanics have nearly doubled to more than 976,000. Roughly one-third of those did not vote in 2012, according to an analysis by Daniel Smith, a University of Florida professor. That could help Clinton. Democrats are seeking to draw in new and sporadic voters to boost overall turnout.

★

I think I have some work to do to bring the country together. I really do want to be the president for everybody.

In North Carolina, more than two-thirds of the expected votes have been cast. Democrats lead in ballots submitted, 42 per cent to 32 per cent. Democrats were apparently hampered by fewer polling locations in the first week of early voting. After more locations opened, the party made up ground, but black turnout remains lower by nearly 65,000, or 8.6 per cent.

Republicans are running ahead of their 2012 pace, when Mitt Romney narrowly won the state.

Scott Tranter, co-founder of the Republican data firm Optimus, said the outcome may hinge on unaffiliated voters and ticket-splitters. "It's unclear whether Trump can consolidate 90 per cent of the Republican Party," he said.

GOOD SIGNS FOR CLINTON

Latinos may be boosting Clinton in the West.

In Nevada, more than three-fourths of the likely vote has been cast. Democrats lead, 42 per cent to 36 per cent.

That pace is largely comparable to 2012, when Obama won by 6 percentage points. Latino and Asian-American turnout are up by double-digits while black participation is down slightly. The white share of the vote is down, from 77 per cent to 75 per cent.

In Colorado, the two parties are virtually tied at 35 per cent. More than 70 per cent of the ballots are in. At this point in 2012, Republicans held an advantage.

Clinton also appears to be holding ground in other states won by Obama, but targeted by Trump.

In Virginia, early voting has surpassed 2012 levels, lifted by higher turnout in Democratic-leaning northern counties. The state does not provide breakdowns by party.

Turnout is also outpacing 2012 levels in Wisconsin, with bigger shares coming from Democratic counties such as Dane and Milwaukee.

GOOD SIGNS FOR TRUMP

Trump may hold a slight edge in Iowa and Ohio.

In Iowa, Democrats currently lead in early ballots, 42 per cent to 35 per cent. That is a narrower gap than in 2012.

Republicans are matching 2012 levels while Democrats are running below.

Obama won the state by 5 percentage points.

Ohio does not provide breakdowns by party. But voter modeling for the Associated Press by Catalist, a Democratic analytical firm, shows that black turnout continues to lag 2012 levels. African-Americans make up about 9 per cent of the vote share, compared to 12 per cent in 2012. Ballots from whites have risen.

In Georgia, where early voting has already exceeded 2012 levels, turnout is up across racial groups. But ballots from whites have risen more.

In all, blacks made up about 30 per cent of early votes compared to 36 per cent in 2012. White ballots rose from 63 per cent to 66 per cent.

In Utah, Trump may be holding ground despite a challenge from third-party candidate Evan McMullin.

Republicans lead in returned ballots, 49 per cent to 13 per cent for Democrats; no-party voters make up 34 per cent. The Republican share is down from 2012 but has been improving, according to Catalist.

THE ASSOCIATED PRESS

This election is about Canada, too

Tensions highlighted in the U.S. election could head north

Vicky Mochama
Metro | Toronto

Fear has been the soundtrack to this election.

Fear sounds like crowds turning on the reporters sent to cover them. Fear sounds like cries of "Lock her up!" Fear sounds like cable news pundits saying, "That's just how men speak in locker rooms."

It is the fear of those who now feel left out of the American Dream in the way that blacks, Native Americans and queers always have been. There is a deep terror that even American power looks different: first, a black man, and now, a woman.

I can't help but be concerned that the same elements that propelled Donald Trump are sitting just under our noses: a distrust of immigrants, a struggling economy, and a bitterness that Canada no longer looks like it used to.

This country is changing.

In the last three years, hate crimes against Muslims in Canada have more than doubled even while overall hate crimes lessened.

The Rebel, a Canadian-based news company run by ex-Sun TV host Ezra Levant, has claimed that most Syrian refugees are fake. A columnist for the Toronto Sun continues to peddle the notion that Maryam Monsef's recent discovery of her birthplace is a massive lie. (It is not.) Conservative leadership candidate Kelly Leitch has talked of testing immigrants and refugees for "anti-Canadian values." One of her rivals, Steven Blaney has also suggested a ban on the niqab for public service workers saying, "We don't want our country to become like the country they left."

Canada was once spared the worst of the global economic downturn. But our economy is now faltering. The Canadian oil industry, for example, is experiencing a significant slump. In the expansion of employment benefits to interior B.C., Edmonton and southern Saskatchewan, almost all of the applicants were men. Compared to 2015, there has been an 11 percent increase in male EI beneficiaries according to Statistics Canada. Clearly, men are struggling.

Entrenched unemployment in once-booming areas like the Alberta oilfields threatens to turn its mostly male workers into a seething political class. Men who felt they had the promise of manufacturing, farming and resource jobs may, rightfully or not, resent being left behind.

Economic distress and racial animus make for dangerous politics.

Like waiting for the West Wing to get onto Netflix, Canada tends to get everything America does only a couple years later.

Sure, I dread that under a still-possible Trump presidency, a wall will be built, that Muslims will be banned, and that women won't be able to walk safely into the Oval Office.

But here at home, I fear the election's cruel, racist and anarchic streak may yet head north.

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HOLIDAYS OTTAWA GETS DRESSED FOR THE SEASON Devon Nakinson of Roy's Lighting Service strings blue fairy lights on a tree in Major's Hill Park. The process of putting up the 400,000-light display for Christmas Lights Across Canada began Monday. HALEY RITCHIE/METRO

Gay group trolls haters with merch

DISCRIMINATION

Response to gamer group's threatening message

Aaron Hemens
For Metro | Halifax

In response to a man who wore a shirt with an anti-gay message to Saunders Farm's recent Halloween activities, a Quebec-based group has launched its own series of merchandise with a much more inclusive tone.

Ottawa police are investigating 18-year-old Julien Clément after he was photographed wearing a black shirt that read, "ATG If you are gay, don't approch (sic) me. I'll kill you." Clément told Metro the initials ATG are the name of his "gaming clan," a group of friends who regularly play multiplayer video games together.

The shirt was reported to a police officer on the farm and the business owners asked for him to be removed. Clément left before he was asked to leave.

Now le Réseau des lesbiennes du Québec — which translates to the Network of Lesbians of Quebec — is using the acronym in a much different way by selling "Attracted to Gays" merchandise.

The clothing and merchandise — which includes everything from phone cases to water bottles and coffee mugs — includes the phrase "Approch (sic) me and I'll kiss you."

No one from the group was available for comment, but its website describes it as a non-profit organization "defending the rights of lesbians in Quebec."

"We are the only rights advocacy organization directed exclusively to Quebec lesbians," the website says. "We have the mandate to represent all lesbians of all religions, all ages, all business situations, all economic realities, of all backgrounds, disabled or not, in major centers or region."

The police response to the shirt has been criticized by the former Ottawa police LGBT liaison committee co-ordinator, who says the force didn't take the matter seriously.

Luke Smith told Metro last week that he was disappointed that the police officer stationed at Saunders Farm treated the incident as trespassing, rather than a possible threat and hate speech.

"A lot of people in the gay community in Ottawa have seen it (and) are upset by it. It certainly has had a community-wide impact," he said.

WITH FILES FROM HALEY RITCHIE

> **ATG If you are gay, don't approch (sic) me. I'll kill you.**
> T-shirt worn by 18-year-old Julien Clément
>
> **Approch me and I'll kiss you.**
> Clothing and merchandise by le Réseau des lesbiennes du Québec

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- Connaissance liée au Code du bâtiment et diverses régulations en lien avec la gestion de bâtiments;
- Bonne maîtrise du logiciel Autocad & de la suite Microsoft Office;
- Capacité à gérer divers projets avec des échéanciers serrés;
- Capacité à travailler dans un environnement en constante évolution;
- Sens de l'organisation et gestion des priorités;
- Capacité d'adaptation, tolérance au stress;
- Capacité à travailler en équipe;
- Minutie et souci du détail;
- Bilinguisme à l'oral et à l'écrit;
- Détenir un permis de conduire valide de classe G;

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- Préparer des croquis d'aménagement et de réfection à l'aide d'un logiciel à cet effet;
- Préparer des appels d'offres, évaluer les soumissions et faire des recommandations appropriées pour les contrats à son supérieur immédiat ;
- Assister et/ou animer diverses rencontres, dont celles avec les professionnels et les sous-traitants dans le cadre de projets;
- Effectuer une mise à jour auprès du gestionnaire de l'immobilier quant aux coûts, aux dates de livraison, à la facturation ainsi qu'au ratio d'achèvement des projets;
- Identifier les situations problématiques ainsi que les secteurs qui nécessitent une attention particulière et les présenter à son supérieur immédiat;
- Préparer la documentation détaillée du budget opérationnel et le présenter à son supérieur immédiat;
- Participer à la planification des besoins en approvisionnement dont les demandes en capital mineur;
- Assurer un contrôle conformément au budget approuvé;
- Adopter un rôle de lead auprès de l'équipe incluant les préposés à l'entretien;
- Effectuer toutes tâches connexes demandées par son supérieur immédiat.

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ALGONQUIN COLLEGE

Ottawa police Chief Charles Bordeleau. RYAN TUMILTY / METRO

Police keep to budget target

CITY FINANCES

Force will keep tax increase below two per cent: Bordeleau

Ryan Tumilty
Metro | Ottawa

The Ottawa police budget meets a target of keeping next year's tax increase below two per cent, but the force has not budgeted for the Canada's 150th birthday celebrations.

Chief Charles Bordeleau presented his proposed budget to the police services board on Monday evening. The proposal would add $8.9 million to the budget and an additional 25 officers to the streets, but stays under the two per cent target for which Mayor Jim Watson has called.

Bordeleau said the budget lets the service grow while also keeping up with the demands from the community.

"We're presenting a budget with 2017 that's prudent, that's financially responsible," he said.

The service is estimating an additional $1.5 million in policing costs for next year's celebrations, but right now they are planning to pay for those costs through funding from other levels of government. Bordeleau said any additional costs not covered would see the service run a deficit.

He also acknowledged that funding is not assured.

"Right now none of that is committed from any level of government," he said.

> **We're not going to have all the money that every agency wants.**
> Chief Charles Bordeleau

During a news conference before the police budget was released, Watson said the city has set aside some money for 2017 costs, but they would also ask city staff to find the funds in their own budgets.

"We know there will be a lot more people in Ottawa and as a result we've planned to keep some dollars aside for things like police," he said. "We're not going to have all the money that every agency wants, we're going to ask them to be prudent."

OTTAWA-VANIER BYELECTION

Mayor Jim Watson poses questions to candidates

Before voters in Ottawa-Vanier head to the polls, Mayor Jim Watson wants to know where the candidates stand.

Watson sent a letter to byelection candidates representing the Liberals, Progressive Conservatives, NDP and the Green Party on Friday, asking for their opinion on important issues.

Watson wants the candidates to declare whether they will support the city's Phase 2 LRT expansion plans and whether they will provide one third of the funding for an environmental assessment of a proposed truck tunnel.

RYAN TUMILTY/ METRO OTTAWA

ALGONQUIN COLLEGE

Gamer marathon raises $3,902 for hospital

Aaron Hemens
For Metro | Ottawa

Bleary-eyed local gamers raised $3,902 for the Children's Hospital of Eastern Ontario this weekend by playing video games around the clock as part of the fourth annual Save State One Game-a-Thon for Extra Life.

The gamers easily surpassed their goal of raising $2,000 during the 24-hour video game marathon.

Frankie Chaloner, the vice-president of the Ottawa Extra Life Guild and team captain of the Save State One team, said this year's gaming event was the most successful to date. There were 38 participants who attended the event at Algonquin College, which Chaloner said is the most the event has seen.

"The event started off with around 15 people (in) our first two years, (and) just over 25 last year," she said. "And we weren't the only group like this in Ottawa, either. Many people were gaming at home with friends."

In total, Chaloner says that approximately $62,000 has been raised for CHEO, with donations coming from gamers who chose CHEO as their hospital to support for Extra Life.

$6.6 M

The amount raised in U.S. dollars around the world this weekend from the campaign.

Since 2008, thousands of gamers across the globe have been invited to raise money through gaming to help save the lives of sick and injured kids through Extra Life, an international gaming event in support of Children's Miracle Network Hospitals.

Extra Life announced on Monday that US $6.6 million was raised worldwide over the weekend. Fundraising continues until Dec. 31.

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Dispensary remains defiant

LEGISLATION

Owner of Weeds Glass and Gifts calls for update to law after raids

Ryan Tumilty
Metro | Edmonton

An owner of one of the Ottawa medical marijuana dispensaries not targeted in a police operation last week is vowing to stay open, even if he has to take legal action to make that happen.

Don Briere, owner of Weeds Glass and Gifts in Ottawa, as well as multiple similar stores in British Columbia, said he is not planning to close after Ottawa police raided other marijuana dispensaries last Friday.

"What we're doing is we are going to stay the course. We're going to stay open," he said.

Ottawa police executed search warrants at seven dispensaries and arrested nine people on Friday. In a news release, they also said they would continue to investigate complaints about dispensaries as they came forward.

Briere's stores were not part of the raid in Ottawa, but he said he is concerned about what police might do next.

Don Briere owns a medical marijuana dispensary in Ottawa along with over a dozen in British Columbia. DARRYL DYCK/THE CANADIAN PRESS

He said he has been speaking with his lawyers and hopes to file some sort of an injunction that would prevent Ottawa police from closing his stores.

He said the courts have ruled that medical marijuana users have a right to reasonable access to marijuana and dispensaries are providing that.

"Reasonable access doesn't mean getting in your wheelchair and following Highway 1 down to Vancouver," he said.

> **What we are doing is we are going to stay the course.**
> Dispensary owner Don Briere

Health Canada allows medical marijuana users to order the drug from licensed suppliers who then ship it via the mail. Users are also allowed to grow marijuana for themselves and up to two others.

Briere said Washington State, Colorado and Oregon all allow over-the-counter marijuana sales, and he doesn't understand why that can't be the model for recreational pot in Canada.

He accused lobbyists for drug stores of trying to shape the government's plans because they want to control the market.

He said there is no reason not to follow the dispensary model when legislation is introduced next spring.

"There is an industry here (that is) already viable. We have 118-plus staff that are working, they're paying income tax."

KETTLEMAN'S

Want bud in your bagel?

Could you one day be adding a half dozen bud bagels and some "herb" cream cheese to your Kettleman's order?

"We are interested in your thoughts on this for bagels," reads a post added to the local business's Facebook page on Friday, linking to an article about cannabis being declared kosher. "Please let us know if you'd buy bagels if this became legal."

"We are interested in what people's thoughts are," continues the message. "Many businesses in Colorado are incorporating marijuana into some of their food and drink. We just wanted to see people's opinions. We are a long way from deciding if we would ever use it."

Most of the feedback through Facebook is positive, though some people expressed concerns about how the shop would control the potency and how Kettleman's would ID customers. THC-infused "edibles" — from chocolates to restaurant meals — have become big business in areas where marijuana has been legalized. Weed-infused lox, already a natural bagel pairing, already exists.

Other commenters suggested cannabis-infused spreads like cream cheese or butter that could be put on the bagels.

HALEY RITCHIE/METRO

SPORT

Game on? Mayor looking at options for outdoor game

Mayor Jim Watson said he will be meeting with Ottawa Senators officials later this week to discuss options for an outdoor hockey game in 2017, mainly at Lansdowne Park. The federal government has turned down a proposal for an outdoor game on Parliament Hill.

"I think we have a realistic and legitimate second choice, being Lansdowne Park," said Watson. "At the end of the day, it's the Senators that will make that decision, but I'm certainly going to do my best to persuade them."

Team owner Eugene Melnyk has said they were entirely focused on Parliament Hill and weren't considering TD Place as an alternative. Watson said shutting out the Senators and having a game with the Maple Leafs and the Montreal Canadiens at Lansdowne is not an option. HALEY RITCHIE/METRO

CHAUDIERE FALLS SHOW

Indigenous culture included in Canada's birthday party

Haley Ritchie
Metro | Ottawa

Despite reluctance by some to celebrate the country's birthday, Ottawa 2017 plans to incorporate indigenous culture into a sound-and-light show that will take advantage of a new public viewing area for the Chaudiere Falls.

From late September until early November, the Chaudiere Falls will be lit up for an ambient light show that will be accompanied by a "rich soundscape" intended to highlight Algonquin heritage.

Ottawa 2017 and production company Moment Factory will consult with local indigenous leaders and artists for the project.

Chief Kirby Whiteduck of Pikwakanagan, who made the announcement alongside the mayor, noted that many people in First Nations communities have a different view of Canada's 150th birthday.

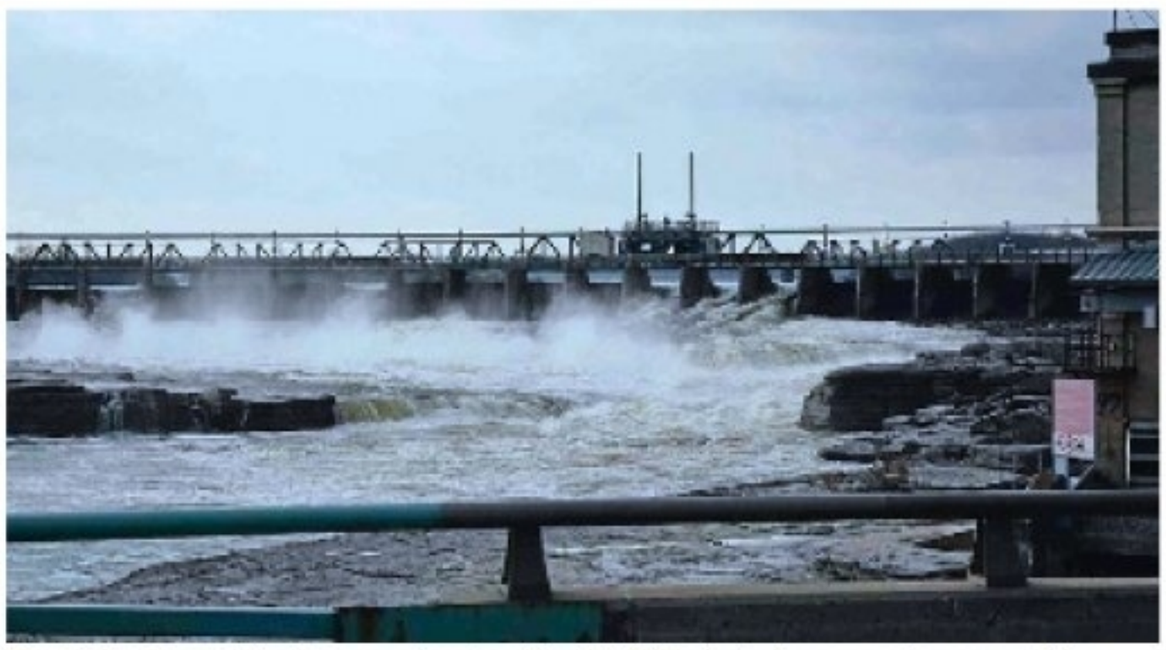
"The fact is, things like residential schools, suicides occurring right now, the child welfare system, taking over land and resources — all of these things mean some First Nations will probably feel that they don't want to celebrate the 150th anniversary of the creation of Canada," he said.

"But I think we might as well take the opportunity to educate people and inform them. I'd like to see lots of students there to show them another part of the history of Canada," he said.

The total cost of the event is $400,000, according to Laflamme, and it will make use of the equipment being purchased for the underground LRT light show.

In 2015, the city asked people to submit their Ottawa 2017 ideas. The most frequently submitted request was to remove the Hydro Ottawa ring dam entirely.

Supporters of that idea believe the falls should be returned to their natural state and the Chaudiere and Albert islands should be designated an eco-park controlled by the Algonquin people, an idea put forward by Algonquin Elder William Commanda.



The Hydro Ottawa ring dam, seen here in a Dec. 10, 2015 photo, harnesses the power of the Chaudiere Falls. The falls have been closed off to the public for years. HALEY RITCHIE/METRO

Mayor Jim Watson said supporters of that vision should be excited about the public access.

"Right now, no one is allowed to go even close to the falls," he said.

"What we're doing is allowing the public as close proximity to the falls as has ever happened before. Plus allowing First Nations to program and animate the site with dance or music or simply sitting and chatting with people about the history of the Algonquins."

"It's going to be a great opportunity for people — First Nations and non-First Nations — to see this spectacular site, which has been fenced off for decades for safety reasons," said Watson.

Natan Obed, president of Inuit Tapiriit Kanatami, is no stranger to intergenerational trauma. THE CANADIAN PRESS

End sexual abuse: Inuit

INDIGENOUS ISSUES

Federal leaders asked to stand up to protect children

Prominent Inuit politicians are urging Canada's leaders — indigenous and otherwise — to protect children from the scourge of sexual abuse and suicide running through indigenous communities, saying no child deserves to have their innocence stolen.

The head of Canada's national Inuit organization says it is incumbent upon all leaders to proclaim that abuse in indigenous communities is unacceptable.

Natan Obed, president of Inuit Tapiriit Kanatami, is himself no stranger to intergenerational trauma; his own father struggled with alcoholism after falling victim to sexual and physical abuse at residential school.

Children deserve the right to live happy, healthy childhoods and to fulfil their potential, he added.

"We need to do more to keep our children safe," Obed said.

Independent Sen. Murray Sinclair, the chairman of the Truth and Reconciliation Commission which explored the depths of Canada's residential school legacy, said data is sorely lacking that could point to the magnitude of the problem inside indigenous communities.

Sexual abuse has gone beyond residential school survivors, their children and grandchildren, said Sinclair. The cycle of abuse has infected subsequent generations, he warned. Children are abusing each other across generations; members of street gangs are victimizing young girls; and women are being hauled into the sex trade.

Mental health resources to address the issue and research possible connections to the alarmingly high number of indigenous suicides are sorely lacking, especially in Canada's far North, Sinclair noted.

A 2012 Statistics Canada report found rates of sexual offences against children and youth were highest in the territories — the Northwest Territories and Nunavut recorded the highest rates in Canada, followed by Yukon. THE CANADIAN PRESS

IN BRIEF

Challenge on feds revoking citizenship fails in court

A bid to stop the federal government from revoking Canadians' citizenship without a hearing has failed. Federal Court Justice Russell Zinn has dismissed a case brought by the Canadian Association of Refugee Lawyers and the British Columbia Civil Liberties Association who sought a stay of a section of the Citizenship Act which allows the government to revoke the citizenship of anyone deemed to have misrepresented themselves. THE CANADIAN PRESS

National ocean protection plan announced in Ottawa

Ottawa announced a $1.5 billion marine safety plan Monday to protect the Pacific, Atlantic and Arctic oceans. It includes funding to create a marine safety system, restoring ecosystems, and oil spill research. THE CANADIAN PRESS

OVERDOSES

Experts call for national opioid strategy

Canada needs a comprehensive national strategy to curb rampant overprescribing of opioids and to reduce escalating numbers of deaths caused by overdoses of the powerful narcotics, addiction experts say.

Writing in Monday's edition of the Canadian Medical Association Journal, Dr. Benedikt Fischer of the Centre for Addiction and Mental Health (CAMH) and co-authors say an estimated 2,000 Canadians died from opioid overdoses in 2015, and many provinces are on track for an even higher number of deaths in 2016.

"It's a real public health disaster," Fischer said.

In a separate report Monday, the Toronto centre urged Ottawa to launch a review of all prescription painkillers sold in Canada and said high-dose opioid medications should be pulled from the market. Other recommendations include:

- Developing and enforcing guidelines for prescribing opioids only in exceptional cases.
- Prescribing opioids in limited dosages and for a limited duration.
- Establishing real-time electronic prescription monitoring systems across Canada.

"It is late— but not too late — to move toward reducing the toll of opioid overuse," Fischer said.

The federal government is holding a summit on opioids in Ottawa on Nov. 18, which will include addiction experts and organizations such as CAMH. THE CANADIAN PRESS

+ DRUGS THAT KILL

According to a new study by Dr. Benedikt Fischer of the Centre for Addiction and Mental Health (CAMH), increasing numbers of Canadians are dying from opioid overdoses annually:

- **Up to 2,000 in 2015** from opioid overdoses
- **Up to 20,000 in the past decade**

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New Orleans, LA delegate Sylvia Crier cheers during the fourth day of the Democratic National Convention in Philadelphia, Pennsylvania. GETTY IMAGES

New Orleans: A parallel universe

Rosemary Westwood relocated from Canada to the United States in the midst of the most unusual presidential election ever. She chronicles her observations in a weekly column for Metro.

The most striking part of New Orleans amidst the climax of this super-sized election is the silence.

You would think Trump and Clinton would be on the tip of many tongues. Here, they just aren't. Not in bars, not in restaurants, not in the streets or shops.

Sure, there are TV ads with a bad Clinton impersonator wielding a chainsaw over a computer or a mix tape of offensive Trump clips paid for by Louisiana Democrats. There's the odd Trump/Pence sticker on pickup trucks. There's even a conspiracy theorist Uncle Sam character in the tourist-packed French Quarter selling "Hillary for 2016" bumper stickers.

But average folk here seem in a parallel universe. You'd hardly know there was a choice to be made at all.

"They're depressed," said the man behind the counter at Verti Marte, home of perhaps the best muffuletta sandwich, who agreed election banter was scarce. "They think Hillary's gonna lose.

"Normally I trust the polls, but this time I think they're wrong," he went on. "I look at the rallies. Obama had tens of thousands. Trump's got tens of thousands. Hillary's got nobody."

To my appalled face, he responded: "It's gonna be alright, baby. Trump's gonna create jobs. You'll see."

A New Orleans born-and-bred taxi driver turned out to be one of those fence-sitters you keep hearing about but can't imagine actually existing.

"I'll probably flip a coin," he told me. Then later: "I'll let the wife decide."

About 319 million people live in the U.S., and, out of all of them, "people can't believe these two are it," he said, explaining the disinterest. "I don't care for Trump, and there's something about Hillary. I never liked her."

You'd hardly know there was a choice to be made at all.

But on Sunday, the Catholic priest at St. Louis Cathedral ended mass, as many church leaders across the country undoubtedly did, by urging his congregants: "Please, I am begging you, exercise your right to vote."

"Take your Catholic faith into the booth," he asked, an enigmatic request, given the fact that the only Catholic on the presidential ticket is pro-choice Hillary's VP pick, Tim Kaine.

On Facebook, in American cities further from the libatious, laid-back New Orleans, friends of mine complained they'd been having sleepless nights.

In the era of Brexit, in a country where former KKK leader David Duke can run for the Senate and land a spot on a legitimate Louisiana debate stage, in a world that has birthed this particularly bloated, infectious iteration of Donald Trump, the waiting — the suspense — is terrifying.

I, myself, am deeply worried.

Pastors rallying the vote

At church services, in rallies and on social media, black pastors urged congregants to vote, hoping to inspire a late flood of African-American turnout that could help propel Democrat Hillary Clinton to victory in critical swing states on Tuesday.

On the final weekend of the presidential campaign, a pastor in Detroit spoke of voting and citizenship. In Philadelphia, the minister reminded congregants others had died for their chance to cast a ballot. The Rev. Jesse Jackson spoke to a few hundred people in front of City Hall in Tallahassee, Florida, before they marched a block over to the county courthouse to vote early.

Along with women and Hispanics, African-Americans are seen as critical to Clinton's chances against Republican Donald Trump. However, early voting data from key states indicate turnout will not be as high this year as it was four years ago, when Barack Obama, the nation's first African-American president, was on the ballot. Sunday's efforts were aimed at minimizing that decline.

Bishop T.D. Jakes, pastor of the Texas megachurch The Potter's House, tweeted on a red, white and blue backdrop: "Make sure your voice is heard. Vote on Nov. 8."

"Preachers are trying to strike a moral nerve and somehow penetrate the fog of indifference," said the Rev. James Forbes, retired pastor of The Riverside Church.

"These are very crucial times to a nation with so much anger, so much anxiety about the future," Forbes said. Forbes has been travelling the country to mobilize voters. He and other pastors have taken pains to emphasize they were not endorsing a candidate, but it was hard to mistake some remarks Sunday that signalled a deep opposition to Trump. THE ASSOCIATED PRESS

Canada's political women and their hopes for a female president

Kim Campbell has made no secret about who she would prefer to see win the U.S. presidential election.

The former Progressive Conservative prime minister has been vocal in her distaste for Republican candidate Donald Trump, who she views as unqualified, untruthful and undermining democratic institutions in a world where many countries still strive for peace and security.

Campbell would welcome a victory by Democratic candidate Hillary Clinton. And she thinks Americans electing the first woman U.S. president would send a remarkable signal around the globe that yes, women really are up for the job.

"The landscape from which people get their sense of how the world works is a very powerful influence in terms of the subliminal attitudes people have about who gets to do a job," Campbell said. "I think it will encourage a lot of young people to think differently about who gets to do that job."

Liberal Sen. Mobina Jaffer said she saw this kind of effect in action soon after she became the first Muslim and first person of South Asian descent to be named to the upper chamber in 2001.

Kim Campbell, former Progressive Conservative prime minister.
TORSTAR NEWS SERVICE FILE

Jaffer said she remembers walking along an Ottawa street when a young Afghan girl approached her and learned she was a new senator.

"And she said, 'Well, if you can become a senator then I can become a prime minister'," Jaffer recalled.

Liberal MP Julie Dzerowicz said that kind of validation is needed, even for women who have already been elected to office.

"I can tell you that not only do we have to prove ourselves to win the nomination, we have to re-prove ourselves every single day and I think that is what she has had to do," said Dzerowicz, a rookie MP from a downtown Toronto riding.

Georganne Burke, a dual U.S.-Canadian citizen and former Conservative staffer, is hoping for an entirely different result Tuesday night.

She cast a mail-in ballot for Trump and is also volunteering for his campaign near Fairfax, Va.

"I'm a woman in politics and I find it insulting that people think that I should vote for her just because she is a woman," said Burke, who is originally from upstate New York but is registered to vote in Florida.

"I vote for people based on what they believe in and ... what they plan to do, not based on their gender, their colour, their creed, their religion, their sexual preference or any other such factor," she said.

Burke, who is also involved with the Conservative leadership campaign of Saskatchewan MP Andrew Scheer, said that based on how he interacts with the women in his family, she disagrees with the notion that Trump is disrespectful to women. THE CANADIAN PRESS

Riot police stand guard in Hong Kong. AFP/GETTY IMAGES

Two barred from office

HONG KONG

Beijing rules elected leaders used separatist foul language

China's top legislature took the rare step Monday of intervening directly in a local Hong Kong political dispute by effectively barring two legally elected separatist lawmakers from taking office, setting the stage for further turmoil in the semiautonomous city.

Beijing moved to deny Sixtus Leung, 30, and Yau Wai-ching, 25, a second chance to take their oaths after being disqualified on their initial attempt last month for using anti-China insults and foul language. But the manoeuvre circumvented Hong Kong's courts, raising fears that the city's independent judiciary is being undermined.

On Sunday, thousands rallied against the anticipated, Chinese government announcement. Police used pepper spray and batons against demonstrators trying to reach Beijing's liaison office. Four people were arrested and two officers were injured, police said.

Leung and Wai-ching altered their oaths to insert a disparaging Japanese expression for China. Displaying a flag reading "Hong Kong is not China," they vowed to defend the "Hong Kong nation."

Beijing acted quickly. The National People's Congress Standing Committee, the country's top legislative panel, issued a ruling on a section of Hong Kong's Basic Law, or mini-constitution, covering oaths taken by officials. It said talk of independence for Hong Kong is intended to "divide the country" and that those who advocate independence are disqualified from election.

It's the first time Beijing has stepped in to block elected Hong Kong lawmakers from taking office, or has interpreted the Basic Law before a Hong Kong court has delivered a ruling on a case.

THE ASSOCIATED PRESS

INDIA

Cities shut down over bad air

The sickening air pollution that led the Indian capital to shut schools and construction sites this week has prompted similar measures in nearby cities.

Officials in the northern state of Uttar Pradesh said Monday that they expect the acrid smog to blanket the state within days.

For more than a week, New Delhi's skies have been filled with a thick haze that has made people's eyes sting and their throats sore. Air pollution experts blame myriad pollution sources, from diesel-burning cars and seasonal crop burning to garbage fires and stoves fueled with kerosene and cow dung. Winter weather patterns also mean there is less wind to circulate the air.

On Monday, Associated Chambers of Commerce of India warned that the pollution could have an economic impact, and released a study suggesting up to 10 per cent of workers had called in sick during the last week.

Doctors urged people to avoid going outdoors unless they wear face masks.

On Tuesday, India's Supreme Court will hear a plea demanding that authorities do a better job of monitoring air quality and take more serious steps to cut pollution. The Centre for Science and Environment, a New Delhi-based research and lobbying organization, said government data shows that the smog that has covered the city for the last week is the worst in 17 years.

THE ASSOCIATED PRESS

IN BRIEF

IMF backs equal pay

Christine Lagarde, chief of the International Monetary Fund, called on governments and businesses to do more to promote the same economic opportunities for men and women. She said that ensuring equal pay and economic opportunities boosts growth, promotes diversity and helps companies earn more.

THE ASSOCIATED PRESS

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metro VIEWS
Your essential daily news
Tuesday, November 8, 2016

EMMA TEITEL ON PRINCE HARRY'S NEW LOVE

What's so special about one heterosexual interracial couple? Not much, until you consider the British monarchy's long and checkered history of bigotry.

Who knew that Prince Harry, the seemingly daft but cute British royal prone to donning Nazi apparel and walking around in the buff, would be the guy to finally usher his noble brood into the 21st century?

And yet it's true. News emerged recently that Prince Harry is dating American actress Meghan Markle, who unlike the relentlessly Caucasian British monarchy, hails from a mixed-race background. Markle's mother is African American; her father is white.

No big deal, you might be thinking. Welcome to 2016, where interracial unions are more common than ever before. Besides, as far as stories about diversity and representation go, there are far more interesting ones floating around right now than "When Harry Met Meghan". Cover Girl just named its first Muslim brand ambassador, Nura Afia, who wears a hijab; the National Women's Hockey League welcomed its first openly transgender player; and DC comics recently launched Midnighter and Apollo, the first mainstream comic to star a pair of same-sex, crime-fighting, superhero lovers. What's so special about one heterosexual interracial couple compared to all of that?

Not much, until you consider the British monarchy's long and checkered history of royal bigotry. A mere half-millennium ago, in 1596, Queen Elizabeth I of England, free-spirited daughter of Anne Boleyn and Henry the 8th and patron of Shakespeare, wrote a letter to the mayors of several English cities complaining that too many black people had begun showing up in the country. (She subsequently also requested that they be deported, although she made no noise about building a wall.) Of course this was the 1500s, when, we're led to believe, you didn't have to be royal to be racist. For more recent proof, let's fast forward back to 1986, and eavesdrop on Prince Philip, Duke of Edinburgh, warning a group of British exchange students in the Chinese city of Xi'an that if they stayed in China any longer they'd become "slitty-eyed." (Prince Philip later double downed on the comment, alleging that nobody in China seemed to mind the remark, so why should anybody else?) And who can forget Princess Michael of Kent's infamous New York restaurant tantrum of 2004, when the Princess (wife of Prince Michael of Kent, a cousin of today's Queen Elizabeth) allegedly told a table of African-American diners, who she felt were having too good a time, to "Go back to the colonies."

MONOTONE MONARCHY? Prince Harry has been linked to Toronto-based Suits actor Meghan Markle, who is biracial — and that's still a big deal for the royal family, Emma Teitel writes. Here they are wearing suspiciously similar bracelets.
GETTY IMAGES/MEGHAN MARKLE INSTAGRAM

In tolerance terms, in short, the royals have been, as the kids these days like to say, a "problematic" lot.

But their youngish progeny: William, Kate, and yes, even Harry, are conversely, kind of cool. They are modern. Prince William, echoing his late mother Diana's gay-friendly bent, became the first British royal in history to appear on the cover of an LGBT publication (Attitude Magazine). And Prince Harry, while perhaps not the sharpest tool in the shed, seems to have come along way since the Nazi costume incident.

My intention here isn't primarily to give terrifically privileged white people props for being less bigoted than their ancestors, but to point out that this progressive shift in the mindset of England's royal family may one day open the doors of Buckingham Palace to all different kinds of suitors. Thanks to examples like Prince Harry and Meghan Markle, the role of romantic partner of a prince or princess, one previously reserved for white heterosexuals, is expanding, surely, if slowly.

Personally, I've never been able to fully commit to royal fascination; I always suspected that were Prince George to grow up to have more in common with Boy George than King George, he'd probably be asked by the familial powers that be to keep quiet about his sexual proclivities.

But if Harry marries Meghan in the next decade or so, maybe not. And come three or four more decades, we may all have a shot — colour, creed, and orientation be damned — at shacking up with members of one of the richest, and certainly most exclusive, clans on the face of the planet.

Sure, worshipping royalty — an archaic, regressive and criminally extravagant private club — is probably as illogical as it is embarrassing. But as soon as the possibility arises however tiny — that you too might one day be asked to join, it's funny how reasonable and necessary that private club can start to look.

This progressive shift in the mindset of England's royal family may one day open the door of Buckingham Palace to all different kinds of suitors.

Emma Teitel is a national affairs columnist for the Toronto Star.

Ottawa 2017: Company's coming, let's get it together

COLLINS' CAPITAL
Steve Collins

It might be a bit of national-capital hubris that we see our town as the alpha and omega of next year's Canada 150 celebrations. Surely the entire country will turn 150, and there might be other great places to be at some point.

Still, it's a fairly conservative bet that national celebrations like Canada Day, plus the Juno Awards, the LPGA Canadian Pacific Women's Open and the Grey Cup will keep us on hospitality overdrive next year.

Celebrations Ottawa Inc., the non-profit organization steering the city's year-long sesquicentennial rave-up, is full of big predictions for 2017: 1.75 million additional tourists, a 20 per cent jump over normal years, 3,000 new jobs province-wide, an estimated $230-million injection into the local economy.

On the less boosterish side of the ledger, we can also anticipate countless additional pressures on local services.

Last week Ottawa Public Health predicted all the extra festivals, parties and sporting events, and higher attendance at regular happenings, will require them to carry out 1,500 to 1,800 "special event inspections," an increase of 25 to 50 per cent from last year.

This is expected to drive up overtime (all those evenings, weekends) and further squeeze their normal duties. They're still looking to other governments to cough up extra funding for the expected costs, as the province did for the PanAm Games.

Still, as Coun. Mark Taylor pointed out, "We're in November. 2017 is only two months away. Are we going to get there? What's the realistic potential of being able to find those opportunities to scare up that money?" Stay tuned.

Also of concern is where all these additional visitors will stay. It's always tough to get a room on Canada Day, but a check of Expedia on Friday showed a grand total of three remaining vacancies in the entire city, one a mere 19 kilometres from downtown; one 36 km. The city is exploring offering pop-up camping sites on municipal property for that weekend.

"We've seen it in other jurisdictions where there have been big events, and we are going to have a challenge with the accommodations sector because there are going to be so many big events that the hotels will fill up, so we need to offer some alternatives," Mayor Jim Watson said after the last council meeting.

The lead-up to this accommodation crunch seems an odd juncture for the Ottawa Gatineau Hotel Association to call for taxation and regulation of Airbnb rentals, as it did this week following Toronto and Vancouver in what looks like a developing replay of the city-by-city battles between Uber and the taxi industry.

Hotel association president Steve Ball, I note, is co-chair of the Ottawa 2017 board. Perhaps he could persuade his members to wait until next year's visitors depart happy before urging any action to restrict the supply of places for them to crash.

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metro LIFE

Your essential daily news

New York Giants pull off awesome 'mannequin challenge,' the latest craze sweeping the internet

BREAKING BARRIER JAVITS

Hillary Clinton is gearing up for a humongous party in the biggest venue in New York City — the Jacob Javits Center. It has a glass ceiling, which some suggest is symbolic for Clinton's attempt to break the ultimate barrier and become the first woman American president.

The Clinton camp's other election forecast is for bright skies — lit by fireworks over the Hudson River. Clinton's guests will include friends, family, invited lawmakers, selected members of the news media and a few lucky members of the public determined ahead of time. There will be no general admission for the public.

Barring a voting mishap, the first round of champagne glasses (for either candidate) will likely be filled around 7 p.m. ET, when the first states, Indiana, Kentucky as well as a very big swing state, Florida (with 29 electoral votes) close their polling stations.

Contrast in Election Day parties

The presidential candidates' Election Day celebrations might reflect their confidence in the outcome of the contest. Both will be in New York City, but each has rather different festivities planned.

AMANDA MIKELBERG/METRO NEW YORK

INVITATION ONLY HILTON

In contrast, the usually extravagant Republican nominee Donald Trump has reportedly planned a more reserved election night gathering at the Hilton New York ballroom. The space is decidedly less fancy than the Trump Tower atrium. It would have been ill advised to hold it there, because it's a privately owned space, and the city had already fined Trump $10,000 for holding campaign events there, New York Magazine reported. A source told the magazine that Trump's party will be "relatively small" because Trump is "superstitious."

"The event is invitation-only for friends and supporters of the Trump-Pence campaign," according to a news release.

As for Trump's fireworks, he's fresh out, since last Wednesday he both entered and exited a rally in Florida with the explosives.

Peter Mansbridge has covered some rather unpredictable U.S. elections, but this one is unlike he's ever seen. CONTRIBUTED

U.S. ELECTION

CBC anchor says Canadians will tune in

CBC News anchor Peter Mansbridge has covered some rather unpredictable U.S. elections.

In 1980, Ronald Reagan beat incumbent Jimmy Carter to many pundits' surprise. In 2000, it took a recount in Florida and a Supreme Court decision to declare George W. Bush had defeated Al Gore. And in 2004, it seemed John Kerry was going to win, right up until polls closed, but Bush emerged victorious.

But the current battle between Hillary Clinton and Donald Trump, which culminates in Tuesday night's vote, is unlike any Mansbridge has ever seen.

"Everybody says the same thing," says Mansbridge, the CBC's chief correspondent and anchor of The National, noting he was in New York last week speaking with friends at other networks.

"Some of these people I've talked to have been covering U.S. elections for 40 years and it all comes down to Trump.

"His campaign is so unconventional, it's all about him, he defies the old rules, does things differently and as a result, everybody counted him out early and they kept counting them out. Now suddenly he seems to be back in the game."

The unprecedented nature of the election is, in part, why CBC News is "going to go wall-to-wall" with its coverage on Tuesday, says Mansbridge.

Mansbridge will host CBC News: America Votes, starting at 8 p.m. ET on CBC News Network and 9 p.m. ET on CBC.

CBC contributors will be based in Toronto, Ottawa, Vancouver and Washington, at the Trump and Clinton headquarters, and at some U.S. polling stations.

"U.S. election nights have been a spectator sport for those of us in Canada and elsewhere in the world," says Mansbridge.

"This one is different because I think everybody feels some ownership of the story. They can't have an impact on the result but the result can certainly have an impact on them in ways that I'm not sure we've seen before.

Mansbridge predicts Canadians will watch homegrown networks in "good numbers" on Tuesday night.

THE CANADIAN PRESS

Painful reminder of a forgotten past

DRAMA

Memory-related film Lavender touches on real life issues

In the trippy new psychological thriller Lavender, Abbie Cornish plays a mother who suffers from memory loss and a sense that she may have killed a family 20 years ago. THE CANADIAN PRESS

In the trippy new psychological thriller Lavender, Abbie Cornish plays a mother who suffers from memory loss and a sense that she may have killed a family 20 years ago.

As a doctor, played by Justin Long, tries to help her get her memories back, her flashbacks hint at a childhood trauma — and a supernatural element.

Lavender director/co-writer Ed Gass-Donnelly, who shot the film in and around his home city of Toronto, says he became interested in the idea of repressed memory after hearing of a friend's experience.

"A friend who was abused as a child and had no memory of it until much later in life, and I think a little kid can't handle that," he says.

"By putting that memory in a box, you can get on with your life a bit. But if you don't have the capacity to deal with it, your body's only other choice is to either just go nuts or break down. So it became a functional coping mechanism."

The subject of memory manipulation and repression has brought mind-bending tension and plot twists to many films over the years — from Eternal Sunshine of the Spotless Mind to Total Recall and The Manchurian Candidate.

Other recent examples include The Girl on the Train, in which Emily Blunt's character suffers from memory loss caused by alcoholism.

Such fictional projects have very real elements to them, says Dr. Julia Shaw, who writes about false memories in the new book The Memory Illusion.

Shaw, who is Canadian, writes that it isn't until somewhere between the ages of two and four that our brains are capable of creating autobiographical memories. So when someone claims to remember something from infancy, it's a false memory.

Shaw says false memories are usually created either intentionally by others or by oneself through repeatedly imagining things happening or intensely believing something happened, guessing at details and then filling in the blanks along the way.

False memories usually start from nothing and get bigger over time. Real memories start with lots of detail and get weaker or stay the same over time.

"Certain therapeutic methods can be very suggestive and leading and police interrogation tactics can be equally problematic and can potentially create false memories," says Shaw, a senior lecturer in criminology at London South Bank University in the U.K.

"Usually the cases that land on my desk right now involve sketchy therapy and then someone in therapy retrieving something and saying, 'This is what happened, my therapist told me so and I believe it and here's all the details,' and then someone like me going, 'Well actually, those techniques can also create false memories.'"

One is more likely to believe a false memory if they've had a blackout episode, like Blunt's character did in The Girl on the Train, which Shaw says also involved psychological manipulation known as gaslighting.

It's even possible to convince people they've committed crimes that never occurred, which Shaw says she's done in lab studies.

"As a filmmaker, it's a biological fascination of what the body is capable of," says Gass-Donnelly.

The fact that a lot of our memories are unintentionally false generally isn't a bad thing, says Shaw.

"Overall we just need to remember the gist, we need to remember the general things that happened in a way that's good enough," she says.

Lavender is now playing in theatres.

THE CANADIAN PRESS

MOVIES

Hollywood goes to Washington, D.C.

As coverage of the tumultuous U.S. election campaign blankets the airwaves and social media, the film world has kept pace with several new biopics turning their lenses on the current and past American presidents.

A dramatized account of Barack Obama's first date with wife, Michelle, is the centrepiece of Southside With You, while the Netflix-bound Barry explores the current commander-in-chief's life in 1981 New York while attending Columbia University.

Jackie follows Jacqueline Kennedy in the aftermath of John F. Kennedy's assassination, while LBJ chronicles the ascension of vice-president Lyndon B. Johnson to commander-in-chief after JFK's slaying.

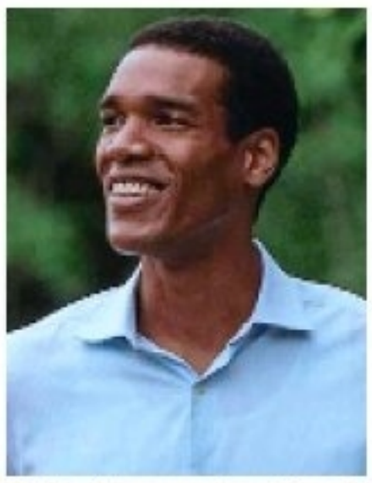
As the bitter battle between Hillary Clinton and Donald Trump can attest, arguably no world leader is as closely scrutinized as the U.S. president — or those seeking election to the country's highest office. Yet despite having their every move documented and dissected by the Washington press corps, these omnipresent figures remain an endless source of fascination for filmmakers.

"That job has an enormous impact on what happens in the world," said LBJ director Rob Reiner during a press conference at the Toronto International Film Festival in September.

"It's not the biopic itself that's interesting, because you're not making a biopic about Millard Fillmore or Calvin Coolidge. You're making biopics about FDR and (Abraham) Lincoln and JFK who had dramatic things happening to them when they were president," he added.

British film writer and lecturer Ellen Cheshire said America's history is one the country likes to tell through film, and political stories are no exception.

THE CANADIAN PRESS



Parker Sawyers plays Barack Obama in Southside with You. MATT DINERSTEIN/MIRAMAX

MUSIC BRIEF

Fans won't stop beliebing, helping Bieber rise to top

Justin Bieber's "Beliebers" helped turn him into the biggest winner Sunday at the MTV EMA European music awards. Again.

Bieber, who carried away the most silverware at the MTV EMAs last year with five awards, won Best Song this time around for his smash Sorry, and also took away the title of Best Canadian Act. His army of so-called Beliebers earned him his third crown of the night, Biggest Fans, in online voting via Twitter and Instagram that closed shortly before the show started.

Bieber was one of the many winners on the night who did not attend the show.

Just two days ahead of the U.S. presidential election, veteran punk rockers Green Day closed the raucous show with their anti-establishment anthem American Idiot. THE ASSOCIATES PRESS

JOHANNA SCHNELLER WHAT I'M WATCHING

Hammering away at sexism in politics

THE SHOW: Full Frontal with Samantha Bee, Oct. 31 (Comedy/TBS)

THE MOMENT: The Obama interview

President Barack Obama spent his interview on Full Frontal with Samantha Bee making a last ditch effort to get jaded young people to vote. SCREEN CAPTURE

"Thank you for joining us for our Halloween interview," host Samantha Bee says to U.S. President Barack Obama. "This year I'm going as a witch."

"That's not a witch costume," Obama says about Bee's red dress.

"I'm a woman on television and I'm over 40, so I'm already in costume," she says. He shrugs and nods.

"If and when Hillary is president, what do you think will be the female equivalent of, 'You weren't born in this country?'" she asks.

"The equivalent will be, 'She's moody,' 'She's being emotional,'" he replies.

"'There's just something about her?'" Bee asks.

"When men are ambitious, well, of course they should be," Obama says. "When women are ambitious — why? That's contributed to this notion that she's somehow hiding something."

Today, at last, the psychotic U.S. presidential election will end. Bee has excelled at explicating the inherent sexism that plagued Clinton's campaign. She's done that with her interviews (in this same episode, she speaks to female European leaders who are baffled by the U.S.), and by relating her own parallel experiences.

Back in her second episode, Bee showed a Photoshopped image of Clinton making a speech. Notes on her arms read, "Don't be c*nty" and "shrill = bad."

"What a coincidence," Bee said. "TBS just gave me that same note."

Bee accurately dubbed Clinton "a barely contained cluster of frustration." Bee is too, about the intractability of misogyny. Her mission is to hammer away at that, week after week. Shrill = good.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

A day some veterans try to avoid

PUBLIC CEREMONY

Remembrance Day brings anxiety, stress for soldiers

After returning from Rwanda, retired lieutenant-general Romeo Dallaire avoided Remembrance Day "like the plague."

The prospect of donning his uniform for a public ceremony, or even watching a televised parade, was too much after witnessing countless atrocities during that failed peacekeeping mission.

"I had lost soldiers under my command, I had seen soldiers grievously injured under my command, I had seen soldiers lose their mind under my command. And I avoided that day like the plague. At best — at best — I might watch it on TV," says Dallaire, who was dismissed from service after that mission because of resulting depression, anger and suicidal thoughts.

"One year, the CBC in French had me do a play-by-play and I said, 'I'll never do that again.' It was just so tormenting."

For most Canadians, Remembrance Day is a time for gratitude, reflection and expressions of national pride. But for many soldiers and veterans scarred by trauma, it's a time of anxiety, stress and unwelcome triggers.

Those experienced with treating mental health issues stemming from military service say they often see these anxieties in those who have not adjusted well to life after a tour of duty. Their ability to handle Nov. 11 generally corresponds to the experiences they had with the military, how much support they receive from friends and family, and what, if any, treatment they are offered upon return.

Remembrance Day is a time for the Canadian public to acknowledge soldier sacrifices and express their gratitude, but for many damaged Canadian soldiers, the day is accompanied with anxiety, stress and unwelcome triggers. ISTOCK

Dr. Ruth Lanius notes the day can be especially difficult for those battling post-traumatic stress disorder, a condition marked by recurrent memories of a stressful event, nightmares, and severe emotional distress or physical reactions to any reminders of war-time trauma.

Even though well-meaning citizens organize these events to recognize sacrifice and offer gratitude, a damaged soldier might find the hoopla only increases their survivor's guilt, or highlights their perceived failures.

"I've seen veterans who it's taken years for them to be able to attend a Remembrance Day ceremony because it triggers them so much and it brings back their own memories," says Lanius, speaking from London, Ont.

How to handle that stress varies from person to person, she adds. While it might be important for some service members to work through that anxiety and learn to embrace Remembrance Day, that might be too overwhelming for others.

"In some cases it can also be experienced as a tremendous relief because it makes them feel closer to some of their buddies that they've lost in war," she says.

"I met one man last year who hadn't been able to attend in years and this was the first time he'd been able to attend. Even though I think it caused a lot of emotional distress for him, I think it really also led him to experience a sense of mastery for having been able to attend after such a long period of time."

Dallaire recalls how his own soldier father, who commanded an infantry regiment in the Second World War, would grudgingly participate in the Remembrance Day parade.

"And he hated it. Because if there's a time when those that you saw suffer, those that you saw die or injured come back to life in a haunting way, it is that day, during those ceremonies," says Dallaire, who outlines his battle with PTSD in Waiting for First Light: My Ongoing Battle with PTSD, co-written by Jessica Dee Humphreys and published by Random House Canada. "They would wash that down with gallons of beer and so on afterwards at the legions."

Dallaire says his own feelings about the day have swung widely from both extremes. Early on, he joined the parades with pride — but this was before he had suffered any casualties under his command.

"I was a peacetime soldier and so it was a great ceremony, commemoration, and we looked at the vets, we listened to their stories and we got pissed with them and had a great time," he says.

Things were different after serving in Rwanda, where he was a helpless witness to a horrifying genocide that slaughtered hundreds of thousands of people.

"All those people you lost and all your buddies ... they all come back to life," he says of Remembrance Day. "It's digitally clear. It's slow motion. They're alive. They're there with you. The orders you gave to send soldiers to their death, that's there and real."

Still, he encouraged the Canadian public to participate in the annual ceremonies, especially politicians and public servants.

And he urged citizens to acknowledge soldier sacrifices and express thanks directly to any military member they might encounter. All of that matters, he says.

I avoided that day like the plague.
Romeo Dallaire

"It is a fundamental duty of the citizenry to feel that pride. And to express it. To express it by being there, to express it by buying the poppy, to express it by shaking the hands of a vet or a serving soldier. Actually stopping somebody in uniform on the street and thanking them," says Dallaire. THE CANADIAN PRESS

ARTS

Disputed painting found in France displayed in Milan

The director of the Brera Art Gallery in Milan has courted controversy by including in a new show a painting whose attribution to Caravaggio is still being debated.

Critics charge the decision to display a painting of "Judith Beheading Holofernes," discovered two years ago in an attic in southern France, legitimizes its attribution to Caravaggio, driving up the work's price were it to be put on the market. A prominent art historian has quit the Brera's scientific committee in protest.

But gallery director James Bradburne defended the work's display.

THE ASSOCIATED PRESS

CELEBRITY

Dispelling gossip of being sad, childless

Jennifer Aniston says she spoke out against tabloid culture because she "has worked too hard in this life and this career to be whittled down to a sad, childless human."

The 47-year-old actress explained in an interview with Marie Claire her reasons for writing an op-ed in July, saying her marital status, divorce status and lack of a mate have all been "shamed." She questioned, "Why are we only looking at women through this particular lens of picking us apart?"

Aniston is now married to actor Justin Theroux.

She became the topic of internet memes in September following news of ex-husband Brad Pitt's pending divorce from Angelina Jolie. Pitt and Jolie became close while filming "Mr. & Mrs. Smith," prompting widespread speculation — consistently denied by the couple — that Jolie prompted Pitt's divorce from Aniston. THE ASSOCIATED PRESS

jennifer Aniston. RICHARD SHOTWELL/INVISION/THE ASSOCIATED PRESS

metro SPORTS

"He's the best player in the world": Connor McDavid's assessment ahead of his first NHL game against Sidney Crosby on Tuesday night in Pittsburgh

Cook back in his kitchen

ALPINE SKIING

Podiums the primary focus in Canadian's return to health

Vincent Man
Metro | Canada

The season's first super-G race can't come soon enough for Dustin Cook.

That's because the Canadian alpine skier is confident he has what it takes to earn the podium's top spot.

"I'm ready to go and I'm ready to fight for the win," Cook recently told Metro. "That's why I'm there, I'm not there for any other reason."

The 27-year-old will compete in the super G — his specialty — at Lake Louise, Alta., on Nov. 27. He will also take part in the downhill the day prior.

Cook's belief in his ability stems from all the training he has endured over the last year, and not the competition — or lack thereof.

In October 2015, Cook tore the anterior cruciate and medial collateral ligaments in his right knee as well as an adductor in his left leg during a training run just days before the start of the season.

Dustin Cook is healthy again after suffering leg injuries on the eve of last season.
JOE KLAMAR/AFP/GETTY IMAGES

The season-ending injury was "not that fun," but a blessing in disguise.

"I mean, an injury is never a fun thing to do or go through but honestly I think there were a lot of positives," Cook said.

"I got to do a lot cool stuff that normally I wouldn't get to do: have a normal life, see friends, explore some opportunities at home.... And I learned a lot about myself and how much I can work."

Among those opportunities was being more hands on during fundraisers and charity events in the Ottawa region and his hometown of Lac-Sainte-Marie, Que.

Giving back to the tight-knit community of skiers back home was important for Cook because it was there where he gained the push to become a world-class ski racer.

"I have such an unbelievably strong support network up there," said Cook, whose resumé includes a silver medal at the 2015 world championships. "They do everything they can and I try to give back as much as I can.

"We're in the process of creating a bursary to identify younger athletes in the area and help them on their way. There's some really cool stuff happening there."

Though he had multiple projects drawing his attention, Cook still had a focus on his return to skiing. With the advice and support from training partners and fellow Canadian Cowboys in Manny Osborne-Paradis and Erik Guay — "fortunately and unfortunately, they've had a lot of experience with injuries" — he was encouraged to regain his form.

Cook went one step further by dedicating himself in the gym.

"I feel a lot stronger than I was before," he said. "I spent eight months in the gym so I hope I'm a lot stronger than I was before.

"You might as well make the most of a bad situation. I think we did that and now I feel super strong on snow so it worked out well."

In his first taste of action since the 2014-15 season, Cook competed in a giant slalom race last month in Soelden, Austria. His time wasn't fast enough to earn him a second run, but he said it was a great "mental training exercise."

"It felt totally normal to be in the gate and in that atmosphere again and see the crowd and the competitors," Cook said. "In the long run it will be an invaluable tool."

This season also marks the latest world championships in St. Moritz, Switzerland, from Feb. 6-19 — a big motivator for Cook to be on top of his game.

Three months from the event, he says he's already "just refining little things" and has high expectations.

"I'd be disappointed if I was only top 10. I have higher goals for sure," Cook said. "But with the amount of training I have, I feel like I'm pretty dang close to where I left off.

"I feel good and want to be back on the podium where I feel I belong and go from there."

> **I feel it's realistic to jump right back in it and take charge.**
> Dustin Cook

LOOKING BACK

Cook last visited the podium at the World Cup Finals in March 2015 when he claimed gold in the super G.

NHL

Coach Boucher implores his Senators to shoot

Guy Boucher has a simple message for his players: shoot the puck.

The Ottawa Senators coach has no complaints about his team's overall performance, but knows the potential is there for greater offence.

After 11 games, the Senators (7-4-0) have scored just 29 goals. Ottawa had 18 goals over its first five games, but has just 11 in its last six.

Boucher's challenge is to get his players change from a pass-first mindset.

"Good players, they want to make plays and most goals are ugly goals," said Boucher. "It's not in their natural nature to not look for plays ... we put the majority of our efforts since the beginning of the year in having a defensive structure and being better individually defensively.

"Now we have to spend more time on power play and our offence."

Kyle Turris leads the Senators with five goals, Mike Hoffman and Bobby Ryan have three each while Mark Stone and Derick Brassard have scored just one goal apiece.

Guy Boucher
GETTY IMAGES

Brassard, who was acquired from the New York Rangers in the off-season, knows it can take time to find a rhythm with new players.

"A lot of times I'm on the ice and if I see (Erik Karlsson) or one of the guys obviously my first thinking is I don't want to be selfish, I want to make the right play," he said. "Maybe that's the way I'm thinking right now. I've talked to some former players and they say sometimes it takes 20 games just to feel really comfortable out there and make the right play and passing on any shots and stuff like that.

"I'm still happy we win the games, but I know I can bring a lot more."

Ryan, who has played alongside Brassard for most games, admits a need for keeping things simple.

"Being offensive everyone wants to create that pretty play," said Ryan. "Our line in general passed up on some shots trying to make some plays. We talk about the odds and more often than not it's going to be an ugly one than it's going to be a highlight-reel (goal) so sometimes it's just about getting back to basics."

Craig Anderson will get the start for the Senators on Tuesday in Nashville. Boucher said he would wait before making a decision on his starting goaltender for Wednesday's game in Buffalo.

THE CANADIAN PRESS

IN BRIEF

Wanderlusting D-man agrees to Winnipeg deal

Defenceman Jacob Trouba has re-signed with the Winnipeg Jets.

The two-year deal will pay Trouba US$2.5 million this season and $3.5 million in 2017-18.

Trouba missed Winnipeg's training camp and the start of the season while sitting out over a dispute with the team. THE CANADIAN PRESS

Alouettes cut ties with longtime GM Popp

For the first time since the Montreal Alouettes returned to the Canadian Football League 21 seasons ago, they are searching for a new general manager.

Team president Mark Weightman announced Monday that Jim Popp, the architect of three Grey Cup champion teams, has parted ways with the Alouettes under mutual agreement with owners Bob and Andrew Wetenhall. THE CANADIAN PRESS

'Bones' Jones given one-year band for doping

UFC interim light heavyweight champion Jon Jones will serve a doping ban until next July after an arbitration panel denied his appeal of a positive test.

Widely considered the world's best pound-for-pound fighter, Jones was pulled from a July bout against Daniel Cormier shortly after news about the positive drug test.

Jones claimed to have taken a sexual-enhancement pill but ended up testing positive for two banned anti-estrogen agents.

THE ASSOCIATED PRESS

Ronaldo caps big year with five-year deal

Life in Madrid certainly seems to agree with Cristiano Ronaldo.

The Portugal forward signed a five-year contract extension with Real Madrid on Monday, capping an exceptional year after triumphs with his club in the Champions League and with his national team in the European Championship.

"This is the best moment in my life," Ronaldo said.

THE ASSOCIATED PRESS

RECIPE Mushroom Barley Soup

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

The soup boasts great, earthy flavours but it's the textures that have us coming back to this dish over and over.

Ready in 30 minutes
Prep time: 10 minutes
Cook time: 20 minutes
Serves 6

Ingredients
- 2 Tbsp olive oil
- 2 or 3 cloves of garlic, minced
1 onion, diced
- 2 medium carrots, peeled and diced
- 2 stalks of celery diced
- 1 lb of cremini mushrooms, brushed clean and sliced
- 2 Tbsp fresh thyme (less if dried)
- 3/4 cup of pearl barley
- 5 cups of stock (vegetable, chicken or beef all work)
- Salt and pepper to taste

Directions

1. 1. In a large pot or Dutch oven warm up the olive oil over medium heat. Add your vegetables and thyme and allow to soften for about 3 to 5 minutes.

2. Add the barley and give it a good stir to coat it. Now pour over the stock and allow to simmer for about 20 minutes until the barley is tender but still chewy. Taste to check seasoning.

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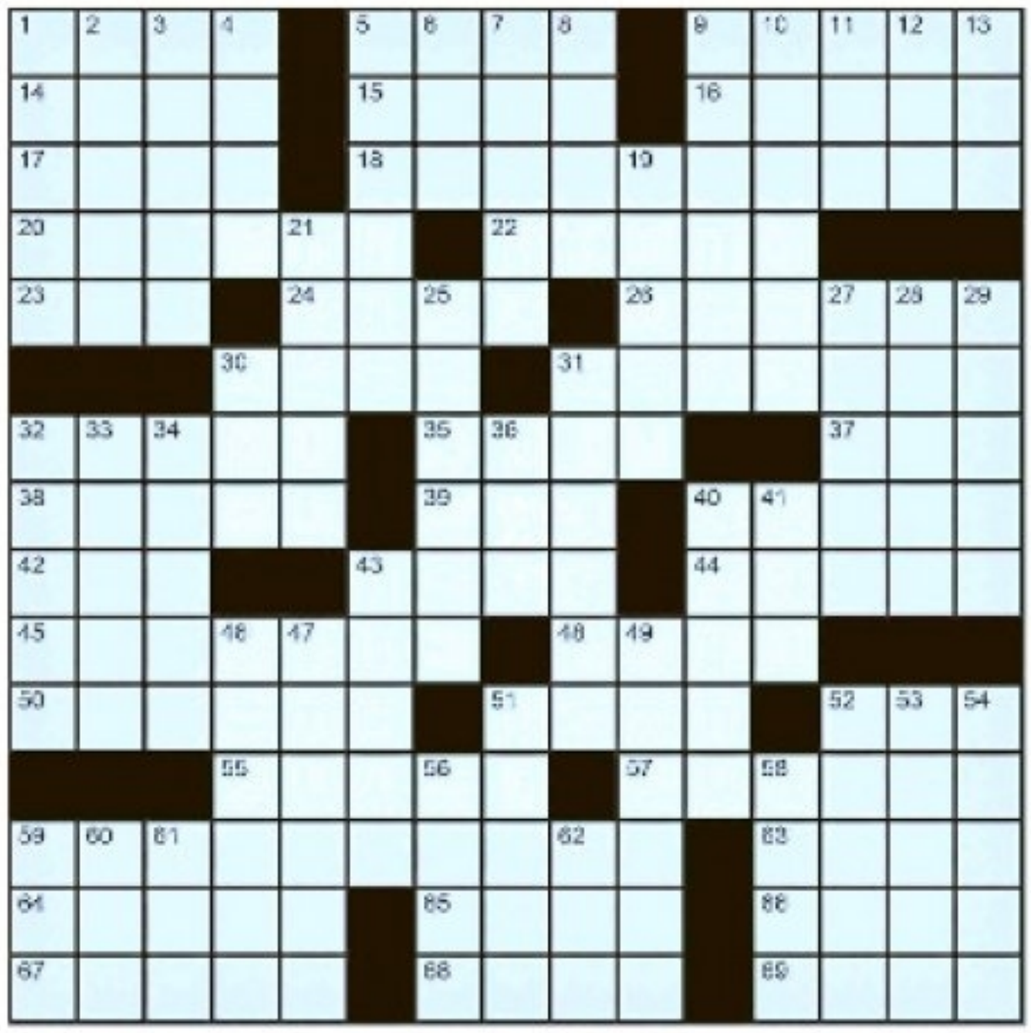
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. From _ to stern
5. Marsh creature
9. Wagons
14. Record
15. Thus
16. Irish actor Milo
17. Grimm opening part...
18. Canadian actor Raymond Massey's turn as an American President, "_ _ in Illinois" (1940)
20. Confusions
22. Chutzpah
23. Jimmy
24. Inactivity
26. Market merchant
30. Party platter's spreadable pick
31. Ceiling fan, for example
32. Assuage
35. Similar
37. Living longevity
38. Greenish-blues
39. Arrange
40. Insipid
42. Bother
43. Clothing, informally
44. Kicks off
45. Fade, as excitement: 2 wds.
48. "_ it about time?"
50. Monk, for one
51. Comfy
52. Polka's stylish pal
55. Bounded
57. Prehistoric tool
59. Ottawa-born comic actor who starred as a President in "My Fellow Americans" (1996): 2 wds.
63. Go _ detail (Elaborate)
64. Diminish
65. _-Dokie
66. 'Band' suffix (First Aid kit supplies)
67. Communicated like a coyote
68. Shelters
69. Hard to come by

DOWN
1. Chainsawed tree remainder
2. Pig-resembling creature
3. _ glue
4. Eatery's fare listing
5. Cups-and-saucers gift: 2 wds.
6. Royal symbol
7. Insurance company worker
8. Canned fruit brand
9. Curving outward, as certain lenses
10. Upward move
11. 17th Greek letter
12. _. number (Ring!)
13. _ Francisco
19. Dick _, legendary Montreal Canadiens coach
21. Implores
25. Autumn, for one
27. Guitar star Mr. Eddy
28. Liver or kidney
29. Whirls
30. Stovetop sight
31. Is part of the clique: 2 wds.
32. Citric, and others
33. Song segment
34. Los Angeles basketballer
36. Beer _
40. _ drums
41. Appropriate
43. Refine
46. Get wider, as pupils
47. Was a good soldier
49. Some leathers
51. Tend the fire
52. _-_-ling!
53. Beaver-ish looking mammal
54. "_ Were the Days" by Mary Hopkin
56. Exec. _. (TV show gig)
58. Faux-teller
59. Lightly apply
60. Sleeveless garment
61. Official-sounding 'No'
62. Feminine side

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Keep your focus on red-tape matters, like inheritances, taxes, debt and shared property. You will make good headway in these areas this week.

Taurus April 21 - May 21
Remember to get more sleep now, because you need it. The Sun, your source of energy, is as far away from you as it gets all year (in your chart).

Gemini May 22 - June 21
Respect your desire to get better organized. Act on this impulse. Make a to-do list of everything you want to do so that you are more effective, efficient and productive.

Cancer June 22 - July 23
Give yourself permission to play and have a good time, because that is what you want to do. Ideally, sneak away on a vacation. Sports events, the arts, social outings and playful times with kids all have appeal.

Leo July 24 - Aug. 23
Home, family and your domestic life are your focus now. Some of you will be more involved with a parent.

Virgo Aug. 24 - Sept. 23
The pace of your days is accelerating because of your busy, jam-packed schedule. Short trips, increased reading and writing, plus errands and conversations with others will keep you racing.

Libra Sept. 24 - Oct. 23
Your focus on money, earnings and your possessions continues. Respect your moneymaking ideas, because they might be worthwhile. Write them down so that you can assess them later.

Scorpio Oct. 24 - Nov. 22
With the Sun in your sign now, you are blessed. People and favorable situations will come to you. It's your turn to replenish yourself for the year!.

Sagittarius Nov. 23 - Dec. 21
Stay in the wings and work behind the scenes. Set aside some time so that you can make plans for your new year ahead. (Birthday to birthday.)

Capricorn Dec. 22 - Jan. 20
Accept all invitations. Enjoy your popularity, particularly with younger people. This is a good time to define goals and actively pursue them.

Aquarius Jan. 21 - Feb. 19
Now is the time to go after what you want, because people in power admire you. Don't ask why — you can call it "smoke and mirrors," but it's true. Demand the advantage!

Pisces
Feb. 20 - March 20
Do something to broaden your horizons. Sign up for a course, learn something new and talk to people from other cultures. Of course, nothing beats the firsthand experience of travel.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

			4	6	7			
		2				6		
	6	5				3	9	
7								2
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		1				5		
		8	7	3	9	1		

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8	1	3	7	5	6	9	4	2
7	6	4	9	2	1	8	3	5
3	2	8	6	7	9	4	5	1
6	7	1	2	4	5	3	9	8
4	9	5	1	3	8	6	2	7
1	3	7	4	6	2	5	8	9
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2	8	6	5	9	3	7	1	4

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